

BANANA-OATMEAL BREAD

This nutritious bread is easy to mix up and will make the whole house smell wonderful.

Servings: **10**

Preparation Time: **10 min**

Cooking Time: **55 min**

Level of Difficulty: **Moderate**



Ingredients

- 1 1/4 cups all-purpose flour
- 1/2 cup brown sugar (not packed)
- 1/2 teaspoon table salt
- 1/2 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1 large egg, beaten
- 2 medium egg whites, beaten
- 1 tablespoon canola oil
- 3 ripe large bananas
- 1 cup uncooked old-fashioned oats

Instructions

- ▶ Preheat oven to 350°F. In a large bowl, stir together dry ingredients. Add whole egg, egg whites, and oil; mix thoroughly.
- ▶ In a medium bowl, mash bananas with a potato masher or fork. Add bananas and oatmeal to batter.
- ▶ Spray a loaf pan with cooking spray. Pour batter into pan and bake until top of loaf is firm to touch, 45 to 55 minutes. Remove from oven and allow to cool in pan for 5 minutes. Flip out and cool on a wire rack for another 10 minutes.

Nutritional Value Per Serving: 190 calories; 2.8 g fat; 2.3 g fiber